Free Memory Screenings
The ADRC is offering 20 minute memory screens and results. Free and confidential. Please contact Sequoya Library to sign up. Additional locations and dates can be found at http://www.daneadrc.org/dementia_care.aspx

Sequoya Library, 4340 Tokay Blvd.
Thursday, March 21, 1:00-4:00 pm
(608) 266-6385

This is another reminder that our phone number has been updated
(608) 512-0000

CHECK OUT WHAT’S INSIDE!

CHECK OUT WHAT’S INSIDE!

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14TH ANNUAL MULTICULTURAL SENIOR WELLNESS FAIR

FRIDAY, MARCH 29, 2019
9:00 AM - 11:30 AM
WARNER PARK COMMUNITY RECREATION CENTER
1625 NORTHPORT DRIVE, MADISON WI

FREE HEALTH SCREENINGS 9:00-11:30AM
INFORMATIONAL BOOTHs 9:00-11:30AM
LUNCH 11:30AM-12:15PM
Call 24 hours in advance to reserve your lunch spot (608) 512-0000.
BILINGUAL BINGO 12:15-1:00PM

Healthy Snacks Door Prizes Bingo

For more information, contact Ruth (608) 512-0000 ext. 3012 RuthH@NewBridgeMadison.org

¡Intérpretes serán disponibles!

MARCH 2019
WWW.NEWBRIDGEMADISON.ORG (608) 512-0000
MISSION
NewBridge empowers older adults to access affordable resources to maintain their health, safety, independence and community connection.

A LETTER FROM THE DIRECTOR...
“TRANSITIONS, TECHNOLOGY AND TRYING TIMES!”
As we enter into our third month as NewBridge, we continue to address the challenges of communications, systems, and several other issues relating to the merging of four separate entities into a new, future focused agency.

Change is seldom simple or easy, and at times it can be quite frustrating, so we appreciate everyone’s flexibility, patience and understanding as we identify problems and develop solutions.

We acknowledge that there have been problems with our phone systems, misplaced messages, and possible misinformation and we apologize for any confusion this may have caused. We are committed to improving our communication, both internally and externally, so that our messages are clear and concise.

Please continue to let us know how we are doing, positive or negative, as we face the challenges of improving customer service with ever-changing technology. We will continue to focus on providing the high quality programs, services and support to older adults in the cities of Madison and Monona as we have in the past and are proactively planning ahead to meet the demands of this quickly growing population.

Marcia Hendrickson, Executive Director

CONTACT US
Phone: (608) 512-0000
Fax: (608) 299-0700
Email: Info@NewBridgeMadison.org
Website: www.NewBridgeMadison.org
Office Hours: Monday-Friday, 8:00 am-4:00 pm
Like Us on Facebook: NewBridge Madison

SOUTH MADISON ★ MAIN OFFICE
128 E. Olin Avenue, Suite 110, Madison, WI 53713
EAST MADISON/MONONA
4142 Monona Drive, Madison, WI 53716
NORTH MADISON
1625 Northport Dr. #125, Madison, WI 53704
WEST MADISON
5724 Raymond Road, Madison, WI 53711

BOARD OF DIRECTORS
- TIM CONROY - CEO, Capitol Lakes Community
- AMY DEVINE - Pro Bono Coordinator, Victim Advocacy Program, Disability Rights Wisconsin
- JULIE DIETERLE - Retired Physical Therapist
- ERIN FABRIZIUS - Public Affairs Counselor, Blumenfeld and Associates
- CEDRIC JOHNSON - Community Relations Manager, Madison Gas & Electric
- TIM RYAN - CFO, Monona State Bank
- LAURA STEIN - Human Resources Advisor, American Family Insurance
- SARAH VALENCIA - Director of Population Health, UnityPoint Health Meriter, Adjunct Instructor, UW School of Social Work
- BARBARA ZABAWA - President and Attorney, The Center for Health and Wellness Law, Clinical Assistant Professor, UW-Milwaukee MHA Program
STAFF

- MARCIA HENDRICKSON, Executive Director  Ext. 1001
- KATIE GALLAGHER, Marketing Director  Ext. 4001
- JIM KRUEGER, Fund Development Director  Ext. 3005
- SONYA LINDQUIST, Senior Services Director  Ext. 2002
- LOIS GERBITZ, Executive Assistant  Ext. 3002
- JOE NEUMAIER, Administrative Assistant  Ext. 2000
- DEB TEMERBEKOVA, Administrative Assistant  Ext. 4000
- GABI ANZALONE, Case Manager  Ext. 1006
- SAMMY AZUMA, Case Manager  Ext. 1005
- JENNIFER BROWN, Team Lead Case Manager  Ext. 2003
- JODIE CASTANEDA, Team Lead Case Manager  Ext. 1004
- SUSY CRANLEY, Bilingual Case Manager  Ext. 3004
- KARI DAVIS, Case Manager Trainer & Support Specialist  Ext. 1003
- TEREZ FAHY, Case Manager  Ext. 3003
- MARCIE FUHRMANN, Intern Case Manager  Ext. 1010
- NORA HAMMER, Case Manager  Ext. 2004
- KATHERINE MALLON, Intern Case Manager  Ext. 1008
- RACHEL OKERSTROM, Case Manager  Ext. 4002
- MAUREEN QUINLAN, Case Manager  Ext. 4003
- ALLIE SCHRANK, Bilingual Case Manager  Ext. 3006
- GREG SCHUMACHER, Case Manager  Ext. 1007
- KATE SHENKER, Case Manager  Ext. 3007
- GLEN THOMMESEN, Case Manager  Ext. 2005
- MICHELLE ANDERSON, Programs & Events Coordinator  Ext. 4008
- KATIE BRIETZMAN, Vol. & Guardian Rep-Payee Manager  Ext. 1002
- RUTH HELLENBRAND, Programs & Events Coordinator  Ext. 3012
- JEANETTE ARTHUR, Home Chore Coordinator  Ext. 4007
- DAVID WILSON, Home Chore Coordinator  Ext. 2006
- SHELLEY BLOUDEAU, Nutrition Site Coordinator  —
- BOB BURNS, Nutrition Site Coordinator  —
- DEBI HANKINS, Nutrition Site Coordinator  Ext. 3013
- KRISTEN HUBER, Nutrition Program Manager  Ext. 2001
- CANDICE MARTIN, Nutrition Program Manager  Ext. 4006
- TRACY OLIVER, Nutrition Site Coordinator  Ext. 1009
- ARETHA RICHMOND, Nutrition Site Coordinator  —

All services and programs are offered without regard to race, gender, religion, color, creed, disability, sexual orientation, political beliefs, marital status, national origin, ancestry or age (where applicable), or any other basis prohibited by applicable law. Clients, participants, and volunteers are encouraged to report any discrimination relating to service delivery by NewBridge to the Executive Director or Board Chair, in writing.

The “NewBridge News” newsletter is a monthly publication that is mailed free of charge to NewBridge Friends. Anyone may pick up an issue at their local library. This newsletter contains at least 25% non-advertising. The NewBridge main office is located at 128 E. Olin Avenue #110, Madison, WI 53713.

Let us help you find your Norwegian roots!

• Expert genealogical research assistance for beginners and advanced researchers
• Stellar collection of books, microfilms, documents, and research materials
• Translation Services • Classes • Tours
• Web resources explained
Call or email for an appointment
nagcnl.org
The Case Management Program is designed to provide older adults, age 60 and over, the support they need to live independently by identifying resources and coordinating supportive services.

**MY MONTHLY MIPPA MOMENT**

MIPPA (Medicare Improvements for Patients and Providers Act) has the goal of educating older adults on benefits that are provided through Medicare! Each month, a different issue/benefit will be discussed.

March is Colorectal Cancer Month! According to the American Cancer Society, colorectal cancer is the third most common cancer diagnosed in both men and women and the third leading cause of cancer-related death. However, the death rate from colorectal cancer has been dropping for several years due to polyps being found more often and earlier through colorectal screenings.

Did you know Medicare covers screening colonoscopies once every 24 months if you are at high risk for colorectal cancer? And every 120 months if you are not at high risk? Additionally, Medicare covers a screening flexible sigmoidoscopy (looking at the lower 20 inches of your colon) once every 48 months, if not completed within ten years of your last colonoscopy.

When discovered in its early stages, up to 90% of people have been able to win the battle against colorectal cancer. Getting this procedure is the best way for prevention and early detection! In combination with regular exercise and a diet low in fat and high in fruits and vegetables, your risk for developing colorectal cancer can be lowered.

Screening colonoscopies are part of the Medicare preventive services that are covered by Medicare Part B. The goals of these services are to assist in preventing illnesses, detecting medical conditions, and keeping you healthy long term. If you have not had a colonoscopy recently or have questions about your eligibility for a colonoscopy, reach out to your medical provider to schedule a screening.

**WALK-IN HOURS**

A Case Manager will be available at the following times and locations:

**SOUTH MADISON**

Madison Senior Center  
330 W. Mifflin Street  
Mondays, 11:00 am-Noon

Romnes Apartments  
540 W. Olin Avenue  
Thursdays, 11:00 am-Noon

Fisher-Taft Apartments  
2025 Taft Street  
Wednesdays, 10:30-11:30 am

**WEST MADISON**

Meadowridge Commons  
5734 Raymond Road  
March 12, 11:30 am-Noon

**NORTH MADISON**

Goodman Comm. Center  
149 Waubesa Street  
Tuesdays, March 13 and 27  
11:30 am-1:00 pm
Max Nguyen is from eastern Iowa and moved here about two years ago. He worked at Edgewood College for two years as a graduate assistant in athletics communications while getting his Masters of Business Administration and graduated in May 2018. He’s been a Home Chore volunteer for the last year and a half helping two older adults with indoor and outdoor tasks.

What brought you to Newbridge as a volunteer?
I've always been involved with volunteering every since elementary school and it has continued into my adult life. I always try and look for volunteer opportunities that allow me to build a relationship, have flexible hours and happen on a regular basis. I was looking online for a new opportunity and that's when the NewBridge Senior Chore Program caught my eye. The program hits on all the criteria I mentioned above! I have been matched for about a year and a half and it's been great.

What do you enjoy most about volunteering?
The best part of volunteering is seeing the difference you make in others' lives. That's why I more enjoy the 1-on-1 aspect or building a relationship as opposed to volunteer opportunities that may be more indirect help. Also, I don't do well just twiddling my thumbs at home so I like to get out in the community and help out.

In what ways do you think your experiences as a volunteer tutor have impacted you?
It gives me perspective on life and allows me to meet amazing people that I might not have otherwise. I think getting to know people from all walks of life (ages, cultures, etc.) has been the best part. We’re all human beings so getting to see the uniqueness of others while helping them out is crazy awesome.

What inspires you to volunteer?
See above. Also, it makes everyone feel good inside. This is what we’re supposed to do is help each other out, especially when we have the means and time to do it! You just never know when roles could be reversed or I might need help in the future.

What would you say to others who are thinking about volunteering?
Just do it! It's one of the most rewarding things you could ever do in life, hands down. Also, volunteering lets you try something new to broaden your horizons without the pressure, it's great. Or you could stick with what you are passionate about and share your enthusiasm and energy for the subject matter with somebody else while making a difference!
VOLUNTEER OPPORTUNITIES

VOLUNTEER GUARDIAN OR REPRESENTATIVE PAYEE

NewBridge is looking for compassionate individuals interested in becoming a volunteer guardian or representative payee for incapacitated older adults living in Dane County. The people we serve have no family or friends who are able to serve in this way. Training and ongoing support for volunteers is provided.

Contact Katie Brietzman Ext. 1002

NEWSLETTER MAILING

Tab, label, and bundle our monthly newsletters for mailing. Day of the week varies but it happens towards the end of the month from at the West and North Madison locations.

Contact Deb Temerbekova Ext. 4000 for West
Contact Lois Gerbitz Ext. 3002 for North

FOOT CLINIC VOLUNTEERS

Help our nail technicians prepare the foot clinic site for clients by putting up signage, greeting participants, setting chairs, receiving and recording payments, tearing down and cleaning up.

Volunteers needed at the Goodman Center site in the morning, second Monday of each month.

Contact Ruth Hellendbrand Ext. 3012

NUTRITION VOLUNTEERS

Are you looking to provide warm meals along with a warm smile to the older adults in our community? Join our dining site teams. Responsibilities include assisting with set up, serving and clean up, along with eating and socializing.

Volunteers are able to select shifts that fit their schedule between 9:00 am-1:00 pm, Monday–Friday.

Contact Kristen Huber Ext. 2001 for North and West
Contact Candice Martin Ext. 4006 for West and South

OFFICE VOLUNTEERS

Be the first point of contact for our older adults at the North Madison location and help facilitate our daily procedures. Welcome participants, clients, and visitors, and answer questions about our programs and services. Answer phone calls, assess the need of the caller, and transfer the call as needed. Register adults for programs and activities. Come and join our wonderful office volunteer team!

Contact Lois Gerbitz Ext. 3002
HOME CHORE PROGRAM
Help an older adult with limited means remain in the comfort of his/her home or apartment by helping with minor home tasks. A few hours of your time each month develops a friendship while helping with tasks that have become too difficult. Areas of help often include: vacuuming, dusting, cleaning kitchen and bath floors, or organizing items. Be a friendly visitor to an older adult and help ease the isolation of an older adult in our Home Chore Program. Periodic visits can offer positive and rewarding social interactions for the older adult and the volunteer. 

Contact David Wilson Ext. 2006 for North, East & West
Contact Jeanette Arthur Ext. 4007 for South

BRATFEST VOLUNTEERS
This once a year, community event will be held over Memorial Day weekend, May 24-27, rain or shine on Willow Island, next to the Alliant Energy Center. A percentage of the proceeds will benefit our agency. The more volunteer hours, the more money we can raise for NewBridge! Various jobs are available, from grilling to golf cart valeting. Each volunteer will get a free brat, ice cream and a t-shirt.

Contact Jeanette Arthur Ext. 4007
WEST MADISON
For information about programs at the West Madison location, call Michelle at (608) 512-0000 Ext. 4008

Ongoing Programs

Location Listed

**Stretch and Strengthen Yoga**
Mound Street Yoga, 1342 Mound St.
Every Monday, 10:45-11:45 am *New Time*
$15 drop-in charge, sliding scale available

**Exercise Classes**
St. Andrew's Episcopal Church
1833 Regent St.
Every Monday Exercise 8:40-9:40 am
*Monday Chair Exercise is canceled for the winter.*
Every Wednesday Exercise 8:40-9:40 am
$4 drop in rate and class pass options

**Dance Fitness for Life**
Capital City Church, 401 N. Blackhawk Ave
Every Saturday, 11:30 am-12:15 pm
$10 class fee per class

**Ping Pong, Pool and Air Hockey**
Meadowood Neighborhood Center
5740 Raymond Rd.
Every Saturday 2:00-4:00 pm

**West Side Warblers Sing Along**
Dale Heights Church, 5501 University Ave.
1st and 3rd Tuesday, 6:00-7:30 pm

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**Pantries**
Lussier Community Education Center
55 S. Gammon Rd.
Every Friday, 10:30 am-12:30 pm
Meadowood Neighborhood Center
5740 Raymond Rd.
Every Thursday, 10:30 am-1:00 pm

**Movies at Alicia Ashman Library**
733 N. High Point Rd.
Every Wednesday, 1:30-3:30 pm
March 6 - A Star is Born
March 13 - Searching
March 20 - Darby O'Gill & the Little People
March 27 - Served Like A Girl

**Cultural Arts Dance Fitness**
Meadowood Neighborhood Center
5740 Raymond Rd.
Every Saturday, 12:00-2:00 pm
Free to try then $5 a month

**Mindful Movement**
Alicia Ashman Library
733 N. High Point Rd.
2nd and 4th Tuesday, 10:00 am
Join fitness and mindfulness coach Venus Washington to explore the mind/body connection. Learn how you think affects the way you move and how you move affects the way you think. Be prepared for movement, but at a level that’s right and safe for you. Perfect for beginners. Space is limited. Call Michelle to reserve your spot Ext. 4008.
March Programs
Location Listed
Avoiding Scams
Thursday, March 14, 12:30-1:00 pm
Meadowridge Commons, 5734 Raymond Rd.

Euchre, Cribbage, Other Games
Thursday, March 21, 12:30-1:00 pm
Meadowridge Commons, 5734 Raymond Rd.

Container Gardening
Thursday, March 28, 12:30-1:00 pm
Meadowridge Commons, 5734 Raymond Rd.

Best Board Games of Your Time
Dale Heights Church, 5501 University Ave.
2nd and 4th Tuesday, 1:30-3:30 pm

Visit with County Executive Joe Parisi
Coventry Village Comm. Rm
7707 North Brookline Drive
Friday, March 15, 1:30 pm
Madison Senior Center, 330 W. Mifflin Ave.
Wednesday, March 20, 10:00 am
Warner Park, 1625 Northport Dr.
Tuesday, April 2, 10:30 am

County Executive Joe Parisi will be visiting three locations to give an update on the work Dane County is doing to clean up our lakes, finance renewable energy development, and benefit county taxpayers. RSVP to Michelle by noon the day before Ext. 4008.
NORTH MADISON
For information about programs at the North Madison location, call Ruth at (608) 512-0000 Ext. 3012.

Ongoing Programs at Warner Park, 1625 Northport Dr.

5¢ Bingo
Every Friday, 10:15 am
Bilingual (Spanish) Bingo on the 1st Friday
Each card costs 5¢; all proceeds paid out to the winners. Call 24 hours ahead if you want to stay for lunch at 11:15 am.

Book Club
1st Tuesday, 10:00 am

Card Playing - All skill levels welcome!
Euchre - Mondays, 8:30-11:30 am
Sheepshead - Wednesdays, 1:00-3:00 pm
Mahjong - Thursdays, 1:00 pm

Blood Pressure Clinic
4th Wednesday, 11:00 am-12:00 pm
GHC will be doing FREE blood pressure checks. No need to call in advance.

FREE Senior Chair Yoga
Every Wednesday, 10:30 am
Increase strength, flexibility, and balance with chair based yoga stretches, and breathing techniques. Certified Yoga Instructor Kim Sprecher leads the class.

Technology Help Appointments
Every Tuesday, 10:00 am-12:00 pm
Sharon Persich, is available to answer your questions. Bring in your phone, laptop computer or tablet. Call to make an appointment Ext. 3000.

Knit & Crochet Club (Quilters too!)
2nd and 4th Tuesday, 9:00-11:00 am
Meet in the lobby of Warner Park.

Sassy Steppers Dance Crew
Every Monday, 4:00 pm
Sassy Steppers are a fun dance team that perform for events and other senior centers around the area.

Ping Pong League
Every Monday, 9:00 am-Noon
Warner Park Game Room
Looking for a fun way to exercise? This is the group for you!

Card-Making Club
2nd and 4th Wednesdays, 1:00 pm
Help create home-made cards for all occasions. We sell these cards in our office. All proceeds go to support NewBridge programs and services.

Sewing Club/FREE Mending Service
1st and 3rd Thursday, 9:00 am
Senior adults with general mending and alteration needs. Limit three articles oer month.
Conversation Pods
1st Tuesday, 10:30 am-11:15 am
Each table will pick a random topic for discussion!

March Programs at Warner Park, 1625 Northport Dr.

Barbie’s Birthday!
Tuesday, March 26, 10:30 am-11:35 am
Ruth will be bringing part of her Vintage Barbie Collection in for the Annual Barbie Birthday Celebration. Do you have a favorite Doll? Bring her along and share your favorite memories of childhood toys.

Artful Aging
Wednesday, March 6-May 29 (No class April 10)
1:30-3:30 pm
Madison Senior Center, 330 W. Mifflin Ave.
Artful Aging is an art class designed for older adults, and geared toward each person’s artistic tools, processes of communication and social engagement through creativity. FREE! All supplies provided. Limited transportation available. Join now by calling Ruth Ext. 3012.

Visit with County Executive Joe Parisi
Tuesday, April 2, 10:30 am
County Executive Joe Parisi will be to give an update on the work Dane County is doing to clean up our lakes, finance renewable energy development, and benefit county taxpayers. RSVP to Ruth by noon the day before Ext. 3012.
EAST MADISON/MONONA
For information about programs at the East Madison/Monona location, call Ruth at (608) 512-0000 Ext. 3012.

March Programs at Monona Meadows, 250 Femrite Dr.

Adult Coloring
1st Wednesday, 11:00 am
Coloring has long been considered a therapeutic activity suitable for all ages. Supplies provided.

5¢ Bingo
Monday, March 18, 11:30 am
Each card costs 5¢; all proceeds paid out to the winners.

March Programs at Messiah Lutheran, 5202 Cottage Grove Rd.

5¢ Bingo
Tuesday, March 5, 11:30 am
Each card costs 5¢; all proceeds paid out to the winners.

Celebrate St. Patty’s Day!
Tuesday, March 19, 11:30 am
Wear green and put on your best Irish finery. Prizes for 1st, 2nd and 3rd place. Patricia Stone will be performing!

Movie
Tuesday, March 26, 11:30 am
Join us for a short movie and conversation. Movie to be announced.

CULTURAL DIVERSITY PROGRAM

AFRICAN AMERICAN PROGRAM

Solomon Carter Fuller Brain Health Brunch
Saturday, March 16, 9:00 am-2:00 pm
Wyndham Garden Hotel
2969 Cahill Main, Fitchburg

Learn how to live life like it’s golden!

This year will include workshops, memory screenings, wellness fair, brunch, and more. Dr. Carl V. Hill of the National Institutes of Health will present a keynote speech on healthy aging, brain health, and Alzheimer’s disease in the African American community.

This event is free and open to the public. Contact Sonya Lindquist Ext. 2002 for more information.
CULTURAL DIVERSITY PROGRAM

LATINX PROGRAM

Bilingual Bingo and Lunch with optional Computer Class
Friday, March 1, 10:00 am-2:00 pm
Warner Park Community Recreation Center, 1625 Northport Dr.
Computer class, 12:30-2:00 pm at the Vera Court Neighborhood Center.

Support Group in Meadowood
Thursday, March 7, 11:00 am-2:00 pm
Meadowood Neighborhood Center
5740 Raymond Rd.
Transportation available for those living in the West Madison service area.

Monthly Discussion Group
Wednesday, March 13, 5:45 pm-8:00 pm
Madison Senior Center, 330 W. Mifflin St.
Join us as we discuss relevant issues on health and wellness.

Fitchburg Bilingual Bingo & Lunch
Friday, March 22, 10:30 am-12:30 pm
Fitchburg Senior Center, 5510 Lacy Rd.
Transportation available only for residents of Fitchburg and the surrounding West Madison neighborhoods.

Diabetes Support Group
Thursday, March 27, 5:45 pm-8:00 pm
Fitchburg Senior Center, 5510 Lacy Rd.
NewBridge is partnering with Nail Technicians Gail Owens and Susan Hasey to provide non-diabetic foot care for $20. Please bring two towels. Call (608) 512-0000 to make an appointment.

**EAST MADISON**
Monona United Methodist Church  
606 Nichols Road, Monona  
Wednesday, March 20, 12:45-3:30 pm  
Wednesday, March 27, 12:45-3:30 pm

**NORTH MADISON**
Warner Park Community Rec. Center  
1625 Northport Drive  
Friday, March 8, 9:00-11:30 am

Goodman Community Center  
149 Waubesa Street  
Monday, March 11, 8:30-9:45 am

St. Paul Lutheran Church  
2126 N. Sherman Ave  
Tuesday, March 12, 1:00-2:30 pm

Lakeview Lutheran Church  
4001 Mandrake Road  
Tuesday, March 19, 1:00-2:30 pm

**WEST MADISON**
Capital City Church  
401 N. Blackhawk Ave.  
(PARKING is behind church turn at Bluff Rd. and then turn left on Eugenia Ave.)  
Monday, March 4, 9:30-11:15 am and 1:00-2:45 pm

Mount Olive Lutheran Church  
110 N. Whitney Way Room 11  
Tuesday, March 19, 9:30-11:15 am

Our Lady Queen of Peace  
401 Mineral Point Road  
Monday, March 25, 9:30-11:45 am

**MEDICAL EQUIPMENT LOAN CLOSET**
The East Madison/Monona location has a loan closet with items such as walker, raised toilet seats, commodes, crutches and more. Loan closet items are available to seniors for a donation. Call NewBridge to ask if the item you need is available. We currently would welcome in-kind donations of these items: shower chairs, tub transfer benches, and commodes. The loan closet is open Monday-Thursday 9:00 am-3:00 pm and closed on Fridays.
14th Annual Multicultural Senior Wellness Fair

Friday, March 29, 9:00-11:30 am
Warner Park Community Recreation Center, 1625 Northport Dr.

Join us for special presentations, informational booths and health screenings. Language accommodations available for Spanish, Hmong and English. Bilingual Bingo from 12:15-1:00 pm.

Come for the Health Fair and stay for lunch and bingo! RSVP by calling NewBridge at (608) 512-0000 Ext. 3000 by March 25.

Save the Date
Join us for our 5th Annual Black Tie Bingo Fundraiser!

Thursday, April 25, 2019
6:00-9:00pm
Maple Bluff Country Club
500 Kensington Drive

Tickets on sale now! $40/single; $70/pair

Monona Meadows
A Retirement Housing Foundation® Community
250 Femrite Drive, Monona, WI 53716
608-221-4422
Call for your personal tour today!
Nutritious daytime meals are offered at thirteen locations throughout the Madison and Monona area, Monday-Friday. The meal is well balanced and appealing for seniors who don't enjoy cooking or eating alone. **Meals and transportation require a reservation.**

### NUTRITION PROGRAM

#### SOUTH MADISON MENU & LOCATIONS

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>01</strong></td>
<td>Tuna Salad Sandwich Tomato Soup, Pears Apple Sauce Bar MO: Egg Salad Sandwich Salad: Chicken</td>
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<tr>
<td><strong>04</strong></td>
<td>Enchilada Casserole Cauliflower Corn with Black Beans Mandarin Oranges Frosted Churro Cake MO: Bean Cheese Burrito</td>
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<tr>
<td><strong>05</strong></td>
<td>Beef Stroganoff Stewed Tomatoes Mixed Green Salad Butterscotch Ice Cream MO: Veggie Balls</td>
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<tr>
<td><strong>06</strong></td>
<td>Spinach, Mushroom, Swiss Quiche, Stewed Tomatoes, Roasted Red Potatoes, Tropical Fruit Iced Zucchini Bars MO: N/A</td>
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<tr>
<td><strong>07</strong></td>
<td>Chicken Strips Green Beans, Chickpea Salad, Bread, Fruit Cup Apple Crisp MO: Garden Burger</td>
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<tr>
<td><strong>08</strong></td>
<td>Tuna Casserole Roasted Carrots Pickled Beets, Banana Lime Sherbet MO: Tom/Cheez Sandwich Salad: Hummus Platter</td>
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<tr>
<td><strong>11</strong></td>
<td>Roasted Turkey in Gravy Rice Pilaf, Creamed Corn Cranberry Sauce Fruit Cocktail, Brownie w Peanut Butter Frosting MO: Veggie Wrap</td>
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<tr>
<td><strong>12</strong></td>
<td>Taco Pasta Casserole Broccoli, Cauliflower Pineapple, Blueberry Crisp MO: Rice and Beans</td>
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<tr>
<td><strong>13</strong></td>
<td>Chicken Sandwich Lettuce, Tomato, Mayo Cheesy Potatoes 4 Bean Salad, Orange Frosted Chocolate Cake MO: Multigrain Burger</td>
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<tr>
<td><strong>14</strong></td>
<td>Meatballs in Gravy Mashed Potatoes California Blend Topical Fruit, Bread Strawberry Ice Cream MO: Veggie Balls</td>
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<tr>
<td><strong>15</strong></td>
<td>Sloppy Joe, Kidney Bean Salad, Mixed Vegetables Banana, Strawberry Cake MO: Soy Sloppy Joe Salad: Pork Taco</td>
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<tr>
<td><strong>18</strong></td>
<td>Corned Beef, Cabbage Carrots, Bread Roasted Red Potatoes Mandarin Oranges Mint Brownie MO: Veggie Balls</td>
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<tr>
<td><strong>19</strong></td>
<td>Chicken Macaroni Salad Marinated Tomatoes Broccoli Salad, Fruit Cup Sugar Cookie MO: Veggie Mac. Salad</td>
<td></td>
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</tr>
<tr>
<td><strong>20</strong></td>
<td>Meat Sauce Spaghetti Wax Beans, Mixed Green Salad, Peaches, Ice Cream MO: Veggie Sauce</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>21</strong></td>
<td>Pork Loin in Gravy Mashed Potatoes Garden Vegetables Bread, Mandarin Oranges Butterscotch Pudding MO: Hummus Wrap</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>22</strong></td>
<td>Lemon Baked Fish Baked Sweet Potato Tropical Fruit, Bread Pound Cake MO: Black Bean Burger Salad: Tuna</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>25</strong></td>
<td>Italian Sausage on Bun Roasted Potatoes Stewed Tomatoes Orange, Rice Pudding MO: Veggie Wrap</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>26</strong></td>
<td>Chili, Baked Potato Cornbread, Banana, Strawberry Ice Cream MO: Veggie Chili</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>27</strong></td>
<td>Pulled Pork on a Bun Coleslaw, Carrot Raisin Salad, Melon Frosted White Cake MO: Hummus and Pita</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>28</strong></td>
<td>Chicken Stew, Bread Broccoli, Tropical Fruit Vanilla Pudding MO: Veggie Stew</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>29</strong></td>
<td>Pot Roast &amp; Gravy Potatoes, Carrots, Onions Corn, Bread, Cinnamon Apples, Blueberry Cobbler MO: Veggie Balls Salad: Chef's</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

 Meals provided by: Dane County Consolidated Food Services Division

All menu items are prepared in kitchens that are not allergen-free.

We cannot guarantee that food allergens will not be transferred through cross-contact.

No substitutions allowed. MO = meatless option

<table>
<thead>
<tr>
<th>South Madison Locations</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fisher Taft Apartments</td>
<td>2025 Taft Street</td>
<td>M-F</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Romnes Apartments</td>
<td>540 West Olin Avenue</td>
<td>M-F</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Madison Senior Center</td>
<td>330 West Mifflin Street</td>
<td>M-F</td>
<td>11:30 am</td>
</tr>
</tbody>
</table>
RESERVATIONS

Meal, bus reservations, and cancellations should be made by calling (608) 512-0000 by Noon at least one business day in advance.

TRANSPORTATION

Transportation is available through Transit Solution which is door-to-door service. Suggested donation is $1.00 per round trip, but no one is denied service. Reservation is required.

DONATION

If you are age 60 and older, the suggested minimum donation is $4.00. If you’re under age 60 and do not meet the program eligibility guidelines, you are required to pay the total cost $8.97.

MENUS FOR THE DANE COUNTY NUTRITION PROGRAM

Menus are designed to meet one-third of the daily recommended intake for older adults. Some items are higher in sodium and cholesterol than others; overall the menu for the month has a moderate amount of both. Hot foods are served at 140+ degrees F. and cold foods at 40+ degrees F., which may affect food consistency. Mary Browning, DTR, reviews all menus. All comments are welcome.

HELP PROTECT YOUR FAMILY & HOME
CALL NOW! 1-888-891-6806

Medicare Accepted

Capitol Physical Therapy
608.848.6628

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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>

East Madison/Monona Locations

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monona Meadows 250 Femrite Drive, Monona</td>
<td>M &amp; W</td>
<td>Noon</td>
</tr>
<tr>
<td>Messiah Madison 5202 Cottage Grove Road</td>
<td>T</td>
<td>Noon</td>
</tr>
</tbody>
</table>

North Madison Locations

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warner Park Community Ctr 1625 Northport Drive</td>
<td>M-W &amp; F</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Goodman Community Ctr 149 Waubesa Street</td>
<td>M-F</td>
<td>11:45 am</td>
</tr>
</tbody>
</table>

West Madison Locations

<table>
<thead>
<tr>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meadowridge Commons 5734 Raymond Road</td>
<td>T-TH</td>
<td>Noon</td>
</tr>
<tr>
<td>Lussier Community Center 55 South Gammon Road</td>
<td>F</td>
<td>Noon</td>
</tr>
</tbody>
</table>
RESTAURANT, GROCERY AND KOSHER SITES

<table>
<thead>
<tr>
<th>North Madison and East Madison/Monona Locations</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Festival Foods</td>
<td>810 E. Washington Avenue</td>
<td>TH</td>
<td>11:00 am-1:00 pm</td>
</tr>
<tr>
<td>Cranberry Creek</td>
<td>1501 Lake Point Drive</td>
<td>F</td>
<td>8:30-10:30 am</td>
</tr>
</tbody>
</table>

Meal and Transportation Reservations:
Meal reservation is **not** required for the Festival Foods or Cranberry Creek sites. Transportation reservation is required by calling Transit Solutions at (608) 294-8747 by 10:00 am at least one business day in advance.

- More about Cranberry Creek: There are at four delicious breakfast meal options to choose from each week made from fresh, organic ingredients.
- More about Festival Foods: Enjoy the extensive salad bar and a bowl of soup. Dining space is available in the Festival Foods Mezzanine overlooking downtown Madison. After lunch, do your grocery shopping before returning home.

<table>
<thead>
<tr>
<th>West Madison Kosher Site</th>
<th>Address</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beth Israel Center</td>
<td>1406 Mound Street</td>
<td>M</td>
<td>Sept-May</td>
</tr>
<tr>
<td>Meal and Transportation Reservations:</td>
<td></td>
<td></td>
<td>Noon</td>
</tr>
</tbody>
</table>

Meal and Transportation Reservations:
Meal and transportation reservations are required by calling Paul Borowsky at Jewish Social Services (608) 442-4081 or office@jssmadison.org by by 2:00 pm the preceding Wednesday. A meatless or strictly kosher option is available. Catered by UW Hillel Adamah Catering.

**our SENIOR CENTER**

**A convenient source for local services**

**FIND AN ADVERTISER NEAR YOU**

**SEARCH SUPPORTERS OF OUR CENTER to find trusted services in our area!**

Sign up to have our newsletter emailed to you! [ourseniorcenter.com](http://ourseniorcenter.com)
We are excited to announce our new Friends group and we want you to join! The Friends of NewBridge will support NewBridge’s mission and its work with older adults in Madison and Monona. Friends will participate in a variety of programs, events, meetings and volunteer opportunities. Friends will have an influential voice in older adult issues in our community.

Benefits for Friends of NewBridge
Monthly Newsletter                               Discount Card to Local Businesses
Invitation to Special Events                   Valuable Social Connections

We invite you to join the Friends of NewBridge today and become a Founder of the Friends of NewBridge. Founders will pay a special introductory rate of $15 for up to two members of the same household to join the Friends group. This Founders offer began in December 2018 and extends through March 31, 2019. After March 31, the 2019 Friends group rate will be $15 for an individual and $25 for a family. Friends dues will be renewed annually.

FRIENDS OF NEWBRIDGE ENROLLMENT FORM

Name: ____________________________________________________________________

Name of Second Household Member (if any): ____________________________________

Address: ___________________________________________________________________

City: __________________________________ State: ________________ Zip: ___________

Email Address: ______________________________________________________________

Please email me the newsletter: yes no

Amount Enclosed: $15 for 2019 enrollment fee

$______ optional donation to help the Friends group support NewBridge

Make checks payable to: NewBridge
Please mail the form & payment to: NewBridge c/o Friends of NewBridge, 128 E Olin Ave. #110, Madison, WI 53713
Donations may be tax deductible to the extent of the tax code.
Benvenuto’s Italian Grill
North Madison, Middleton, Fitchburg
FREE ice cream sundae with entrée purchase

Culver’s
1325 Northport Dr
FREE cone/dish of custard with the purchase of a cone/dish

Madison Family Wellness
222 N. Midvale Blvd. (608) 358-2068
$10 off first visit and 10% off follow-up visits

Boomerangs Resale Store
1133 N Sherman Ave
10% off regular priced merchandise (excludes furniture)

Golden Heart Senior Care
437 S Yellowstone Dr #101
(608) 467-3590
1 free hr of service for new clients

Manna Café & Bakery
611 N Sherman Ave
10% off in-dining food & beverages

Cambria Suites Madison
5045 Eastpark Blvd
Hotel stay $89/night for visiting family or relatives

Meikle’s & Dorn True Value
2935 N Sherman Ave
Free key made each month

Kavanaugh’s Esquire Club
1025 N Sherman Ave
FREE dish of Schoeps ice cream with the purchase of lunch between 11:00 am and 2:00 pm

Overture Center
201 State St
Receive reduced ticket prices for select shows

And more added monthly!
01 FRIDAY
10:15  Bilingual Bingo  Warner Park
10:30  Food Pantry  Lussier Center
12:30  Computer Class  Vera Court

02 SATURDAY
11:30  Dance Fitness  Capital City
12:00  Cultural Dance  Meadowood
2:00  Ping Pong/Pool  Meadowood

04 MONDAY
8:30  Euchre  Warner Park
8:40  Exercise  St. Andrew
9:00  Ping Pong  Warner Park
9:30  Foot Clinic  Capital City
10:45  Yoga  Mound St. Yoga
1:00  Foot Clinic  Capital City
4:00  Sassy Steppers  Warner Park

05 TUESDAY
10:00  Book Club  Warner Park
10:00  Tech Appt.  Warner Park
10:30  Conversation  Warner Park
11:30  Bingo  Messiah
6:00  Sing Along  Dale Heights

06 WEDNESDAY
8:40  Exercise  St. Andrew
10:30  Chair Yoga  Warner Park
11:00  Coloring  Monona Meadows
1:00  Sheepshead  Warner Park
1:30  Movie  Alicia Ashman
1:30  Artful Aging  Madison SC

07 THURSDAY
9:00  Sewing Club  Warner Park
10:30  Food Pantry  Meadowood
11:00  Latinx Support  Meadowood
1:00  Mahjong  Warner Park

08 FRIDAY
9:00  Foot Clinic  Warner Park
10:15  Bingo  Warner Park
10:30  Food Pantry  Lussier Center

09 SATURDAY
11:30  Dance Fitness  Capital City
12:00  Cultural Dance  Meadowood
2:00  Ping Pong/Pool  Meadowood

11 MONDAY
8:30  Euchre  Warner Park
8:30  Foot Clinic  Goodman Center
8:40  Exercise  St. Andrew
9:00  Ping Pong  Warner Park
10:45  Yoga  Mound St. Yoga
4:00  Sassy Steppers  Warner Park

12 TUESDAY
9:00  Knit Group  Warner Park
10:00  Tech Appt.  Warner Park
10:00  Fitness Coach  Alicia Ashman
1:00  Foot Clinic  St. Paul
1:30  Board Games  Dale Heights

13 WEDNESDAY
8:40  Exercise  St. Andrew
10:30  Chair Yoga  Warner Park
1:00  Card Making  Warner Park
1:00  Sheepshead  Warner Park
1:30  Movie  Alicia Ashman
1:30  Artful Aging  Madison SC
5:45  Latinx Discussion  Madison SC

14 THURSDAY
10:30  Food Pantry  Meadowood
12:30  Avoiding Scams  Meadowridge
1:00  Mahjong  Warner Park

15 FRIDAY
10:15  Bingo  Warner Park
10:30  Food Pantry  Lussier Center
1:30  Joe Parisi  Coventry Village

16 SATURDAY
9:00  Brain Brunch  Wyndham Hotel
11:30  Dance Fitness  Capital City
12:00  Cultural Dance  Meadowood
2:00  Ping Pong/Pool  Meadowood

18 MONDAY
8:30  Euchre  Warner Park
8:40  Exercise  St. Andrew
9:00  Ping Pong  Warner Park
10:45  Yoga  Mound St. Yoga
11:30  Bingo  Monona Meadows
4:00  Sassy Steppers  Warner Park

19 TUESDAY
9:30  Foot Clinic  Mount Olive
10:00  Tech Appt.  Warner Park
11:30  St. Pat Celebration  Messiah
1:00  Foot Clinic  Lakeview
6:00  Sing Along  Dale Heights
<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
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</thead>
<tbody>
<tr>
<td>20 WEDNESDAY</td>
<td>8:40</td>
<td>Exercise</td>
<td>St. Andrew</td>
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<tr>
<td></td>
<td>10:00</td>
<td>Joe Parisi</td>
<td>Madison SC</td>
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<tr>
<td></td>
<td>10:30</td>
<td>Chair Yoga</td>
<td>Warner Park</td>
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<td></td>
<td>12:45</td>
<td>Foot Clinic</td>
<td>Monona United</td>
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<td></td>
<td>1:00</td>
<td>Sheepshead</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>1:30</td>
<td>Movie</td>
<td>Alicia Ashman</td>
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<tr>
<td></td>
<td>1:30</td>
<td>Artful Aging</td>
<td>Madison SC</td>
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<tr>
<td>21 THURSDAY</td>
<td>9:00</td>
<td>Sewing Club</td>
<td>Warner Park</td>
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<td></td>
<td>10:30</td>
<td>Food Pantry</td>
<td>Meadowood</td>
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<tr>
<td></td>
<td>12:30</td>
<td>Euchre/Cribbage</td>
<td>Meadowridge</td>
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<tr>
<td></td>
<td>1:00</td>
<td>Mahjong</td>
<td>Warner Park</td>
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<tr>
<td>22 FRIDAY</td>
<td>10:15</td>
<td>Bingo</td>
<td>Warner Park</td>
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<td></td>
<td>10:30</td>
<td>Latinx Bingo</td>
<td>Fitchburg SC</td>
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<tr>
<td></td>
<td>10:30</td>
<td>Food Pantry</td>
<td>Lussier Center</td>
</tr>
<tr>
<td>23 SATURDAY</td>
<td>11:30</td>
<td>Dance Fitness</td>
<td>Capital City</td>
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<tr>
<td></td>
<td>12:00</td>
<td>Cultural Dance</td>
<td>Meadowood</td>
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<tr>
<td></td>
<td>2:00</td>
<td>Ping Pong/Pool</td>
<td>Meadowood</td>
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<tr>
<td>25 MONDAY</td>
<td>8:30</td>
<td>Euchre</td>
<td>Warner Park</td>
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<td></td>
<td>8:40</td>
<td>Exercise</td>
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<td></td>
<td>9:00</td>
<td>Ping Pong</td>
<td>Warner Park</td>
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<td></td>
<td>9:30</td>
<td>Foot Clinic</td>
<td>Queen of Peace</td>
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<td></td>
<td>10:45</td>
<td>Yoga</td>
<td>Mound St. Yoga</td>
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<tr>
<td></td>
<td>4:00</td>
<td>Sassy Steppers</td>
<td>Warner Park</td>
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<tr>
<td>26 TUESDAY</td>
<td>9:00</td>
<td>Knit Group</td>
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<tr>
<td></td>
<td>10:00</td>
<td>Fitness Coach</td>
<td>Alicia Ashman</td>
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<td></td>
<td>10:00</td>
<td>Tech Appt.</td>
<td>Warner Park</td>
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<td>10:30</td>
<td>Barbie’s BDay</td>
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<td></td>
<td>11:30</td>
<td>Movie</td>
<td>Messiah</td>
</tr>
<tr>
<td></td>
<td>1:30</td>
<td>Board Games</td>
<td>Dale Heights</td>
</tr>
<tr>
<td>27 WEDNESDAY</td>
<td>10:30</td>
<td>Chair Yoga</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>11:00</td>
<td>Blood Pressure</td>
<td>Warner Park</td>
</tr>
<tr>
<td></td>
<td>12:45</td>
<td>Foot Clinic</td>
<td>Monona United</td>
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<tr>
<td></td>
<td>1:00</td>
<td>Card Making</td>
<td>Warner Park</td>
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<tr>
<td></td>
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<td>Movie</td>
<td>Alicia Ashman</td>
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<tr>
<td></td>
<td>1:30</td>
<td>Artful Aging</td>
<td>Madison SC</td>
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<tr>
<td></td>
<td>5:45</td>
<td>Latinx Diabetes</td>
<td>Fitchburg SC</td>
</tr>
<tr>
<td>28 THURSDAY</td>
<td>10:30</td>
<td>Food Pantry</td>
<td>Meadowood</td>
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<tr>
<td></td>
<td>12:30</td>
<td>Gardening</td>
<td>Meadowridge</td>
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<tr>
<td></td>
<td>1:00</td>
<td>Mahjong</td>
<td>Warner Park</td>
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<tr>
<td>29 FRIDAY</td>
<td>9:00</td>
<td>Wellness Fair</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>12:15</td>
<td>Bilingual Bingo</td>
<td>Warner Park</td>
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<tr>
<td></td>
<td>10:30</td>
<td>Food Pantry</td>
<td>Lussier Center</td>
</tr>
</tbody>
</table>

**PROGRAM LOCATIONS:**

- Alicia Ashman Library
  733 N. High Point Road
- Capital City Church
  401 N. Blackhawk Avenue
  Parking lot on Eugenia Avenue
- Coventry Village
  7707 North Brookline Drive
- Dale Heights Church
  5501 University Avenue
- Fisher-Taft Apartments
  2110 Fisher Street
- Fitchburg Senior Center
  5510 Lacy Road, Fitchburg
- Goodman Community Center
  149 Waubesa Street
- Lakeview Lutheran Church
  4001 Mandrake Road
- Lussier Community Education Center
  55 S. Gammon Road
- Meadowood Neighborhood Center
  5740 Raymond Road
- Meadowridge Commons
  5734 Raymond Road
- Messiah Lutheran Church
  5202 Cottage Grove Road
- Monona Meadows Apartments
  250 Femrite Drive, Monona
- Monona United Methodist Church
  606 Nichols Road, Monona
- Mount Olive Lutheran Church
  110 N. Whitney Way
- Our Lady Queen of Peace
  401 Mineral Point Road
- Romnes Apartments
  540 W Olin Avenue
- St. Andrew’s Episcopal Church
  1833 Regent Street
- St. Paul Lutheran Church
  2126 N. Sherman Avenue
- Vera Court Neighborhood Center
  614 Vera Court
- Warner Park Community Recreation Center
  1625 Northport Drive
Complete this short survey to help us plan for future programs.
Turn it in at a nutrition site, at any NewBridge office, or drop it in the mail with Attention Ruth or Michelle and be entered to win a gift card.

- What programs or activities would you like to see happen in your area? (example: euchre, knitting, Mahjong, conversation or support groups, caregiver programs)

- Would you like more programs to happen at the nutrition site in your area? Y N ______________________________

- Do you attend a nutrition site? If yes, which location?

- Do you ride a bus or drive yourself to the nutrition site? Bus Car Other

- Where would you like to see activities happen?

Name: __________________________________________
Phone: __________________________________________
E-Mail: __________________________________________